

## Claims

### What is claimed is:

- 5           1. A method for increasing the flexibility of cartilage in an animal in need of such increase which comprises administering to said animal a cartilage flexibility enhancing effective amount of at least one of glycine and proline.
2. The method in accordance with claim 1 wherein the animal has a condition or needs prevention of a condition selected from the group consisting of  
10   osteoarthritis, rheumatoid arthritis, osteochondrosis, degenerative joint disease, synovitis, bacterial purulent arthritis, osteoarthropathia and psoriatica.
3. The method in accordance with claim 1 wherein a cartilage flexibility enhancing amount of glycine is employed.
4. The method in accordance with claim 3 wherein a minimum of at least  
15   about 1.25 wt% of glycine is employed based on dry matter basis of diet.
5. The method in accordance with claim 1 wherein a cartilage flexibility enhancing amount of proline is employed.
6. The method in accordance with claim 5 wherein a minimum of at least about 1.45 wt% of proline is employed based on dry matter basis of diet.
- 20          7. The method in accordance with claim 1 wherein a cartilage flexibility amount of glycine and proline is employed.
8. The method in accordance with claim 7 wherein the animal is a dog or cat.
9. A method for increasing the strength of a cartilage in an animal in need of such increase which comprise administering to said animal a cartilage strength  
25   enhancing effective amount of at least one of glycine and proline.
10. The method in accordance with claim 9 wherein the animal has a condition or needs prevention of a condition selected from the group consisting of osteoarthritis, rheumatoid arthritis, osteochondrosis, degenerative joint disease, synovitis, bacterial purulent arthritis, osteoarthropathia and psoriatica.
- 30          11. The method in accordance with claim 9 wherein a cartilage strength enhancing amount of glycine is employed.
12. The method in accordance with claim 11 wherein a minimum of at least about 1.25 wt% of glycine is employed based on dry matter basis of diet.

13. The method in accordance with claim 9 wherein a cartilage strength enhancing amount of proline is employed.

14. the method in accordance with claim 13 wherein a minimum of at least about 1.45 wt% of proline is employed based on dry matter basis of diet.

5 15. The method in accordance with claim 9 wherein a cartilage strength enhancing amount of glycine and proline is employed.

16. The method in accordance with claim 15 wherein the animal is a dog or cat.

10 17. A method for preventing degradation of cartilage tissue in an animal in need of said prevention which comprises administering to said animal a cartilage degradation effective amount of at least one of glycine and proline.

18. The method in accordance with claim 17 wherein the animal has a condition or needs prevention of a condition selected from the group consisting of osteoarthritis, rheumatoid arthritis, osteochondrosis, degenerative joint disease, synovitis, bacterial purulent arthritis, osteoarthropathia and psoriatica.

19. The method in accordance with claim 17 wherein a cartilage degradation prevention enhancing amount of glycine is employed.

20. The method in accordance with claim 19 wherein a minimum of at least about 1.25 wt% of glycine is employed based on dry matter basis of diet.

20 21. The method in accordance with claim 17 wherein a cartilage degradation prevention enhancing amount of proline is employed.

22. The method in accordance with claim 21 wherein a minimum of at least about 1.45 wt% of proline is employed based on dry matter basis of diet.

25 23. The method in accordance with claim 17 wherein a cartilage degradation preventing amount of glycine and proline is employed.

24. The method in accordance with claim 23 wherein the animal is a dog or cat.

25. A composition suitable for systemic administration to an animal comprising a cartilage flexibility or cartilage strength enhancing effective amount of at least one of glycine and proline in association with a carrier.

26. The composition in accordance with claim 25 wherein the systemic administration is oral.

27. The composition in accordance with claim 25 wherein the carrier is a dosage unit form, a food or a liquid.

28. The composition in accordance with claim 27 wherein the carrier is a food.

29. The composition in accordance with claim 26 wherein an effective amount of glycine is present.

5 30. The composition in accordance with claim 29 wherein at least 1.25 of glycine is present based on dry matter basis of diet.

31. The composition in accordance with claim 26 wherein an effective amount of proline is present.

32. The composition in accordance with claim 31 wherein at least 1.45 of glycine is present based on dry matter basis of diet.

10 33. The composition in accordance with claim 26 wherein a combination glycine and proline are employed in at least minimum quantities.